

06/27/25

## Free Talk

The taller you are, the more force (**pressure**) your knees **bear**.

Shooting a basketball 投篮

Authentic 正宗的

Double-Skin Milk Pudding 双皮奶 OR Double-Skin Milk Custard (这个比较贴切)

Gelatine 吉利丁

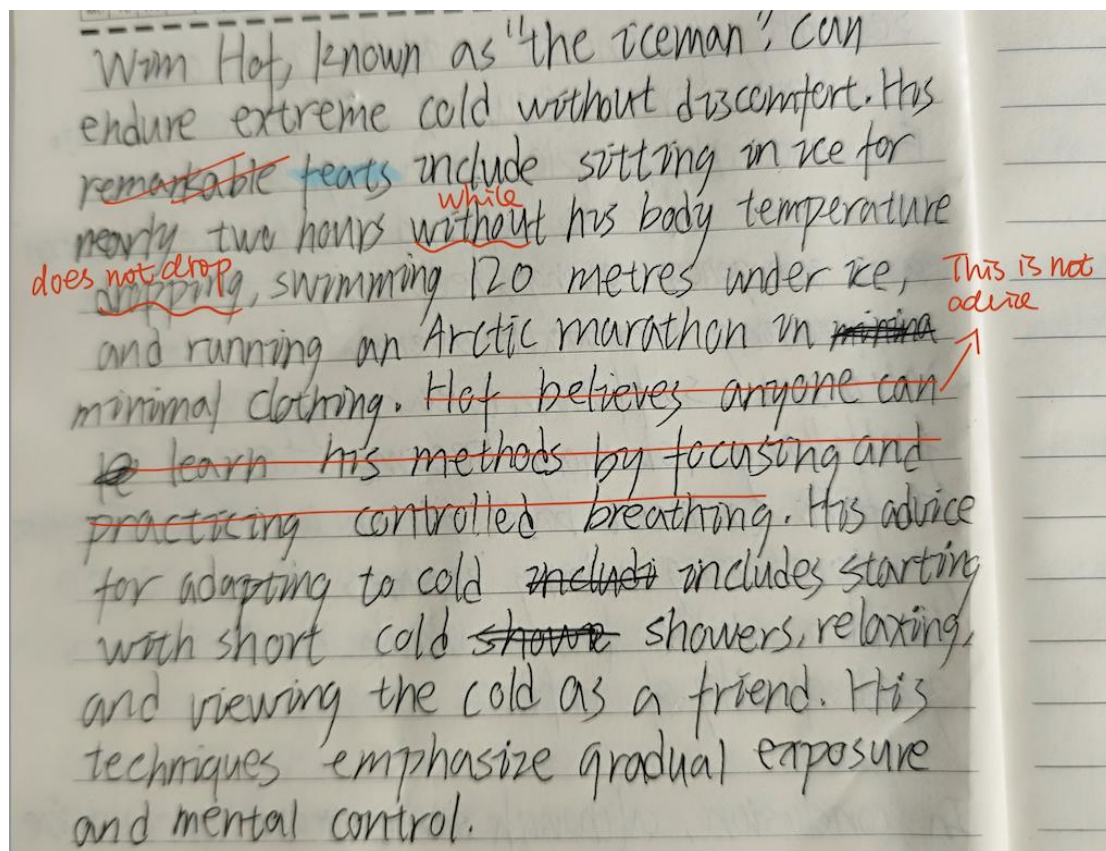
Bought ➡ 描述过去的事情 - 注意时态

Omnivore 杂食动物

Extreme sports 极限运动

## Homework Analysis - Writing

### Summary



Hof believes anyone can learn his 题目问:

methods by focusing and practicing What has Wim Hof **managed to do** in cold temperatures AND what

**advice Wim Hof gives** about how to get used to the cold?

Forrest 原文: 是 Hof 的观点, 不是他做的事情

修改建议: ① 部分 "I believe" 改成其他人的观点, 再加 部分表达自己的立场  
② 保留, 但无个人观点; "I believe" 前加半句话承接 "while", 表达其他人的观点

Salary Matters Most in Career Choice

→ It sounds more like your opinion than a background on this topic: -

When choosing a job, salary should be the main concern. While some argue money can't buy happiness or prefer learning opportunities, others believe financial stability is essential for a secure life. In my opinion / From my perspective / Personally, + Your opinion

Firstly, ~~Secondly~~, a higher salary motivates employees to work harder. Studies have shown that financial incentives directly impact employee performance, as seen in companies that offer performance-based bonuses. For example, when employees ~~are~~ are more likely to compensated for their efforts, they feel valued, and are more likely to stay engaged, and remain productive. This not only benefits the individual but also contributes to the company's success, fostering a rewarding working environment.

都是动词+形容词结构.

{ create → What is the difference?  
foster

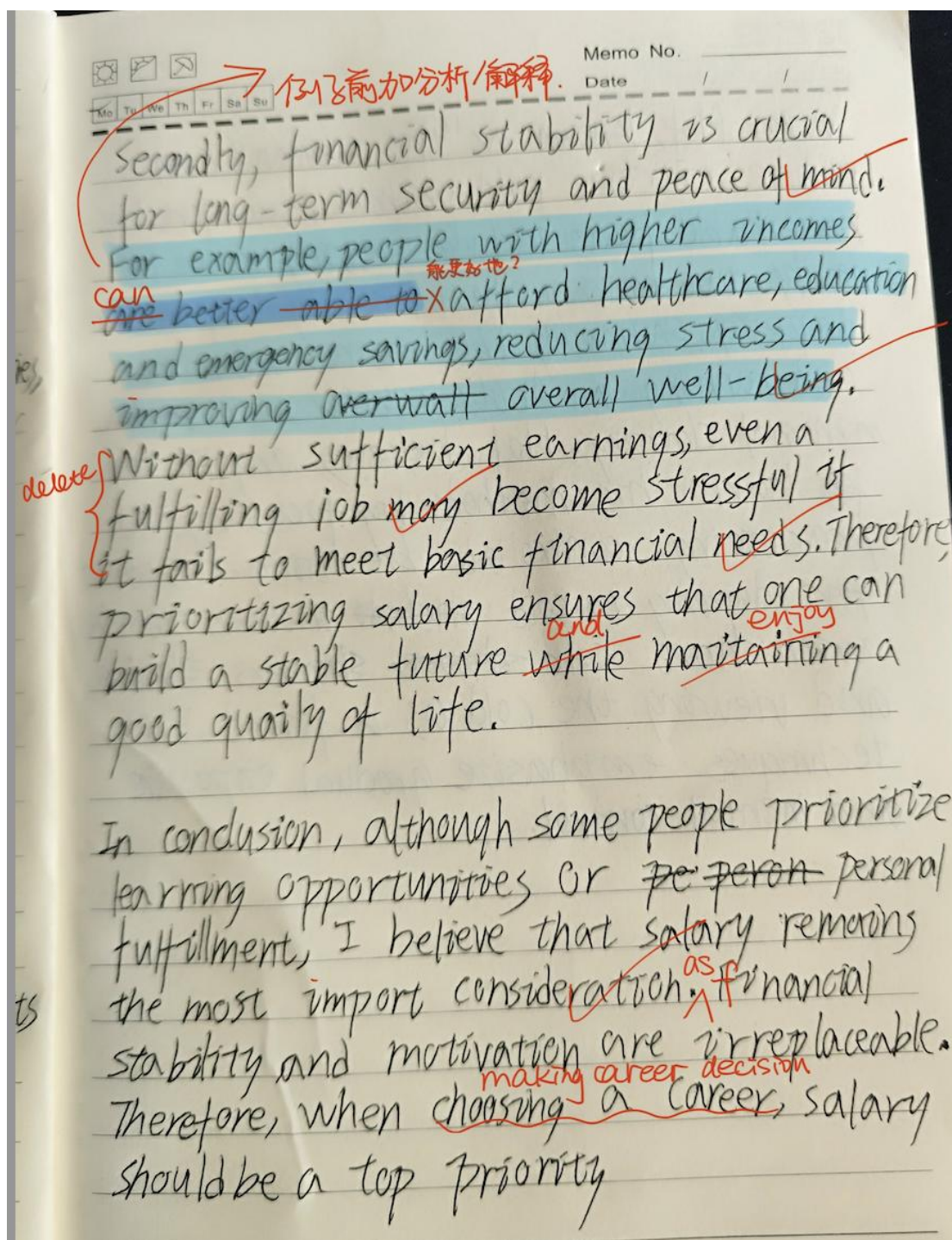
红黄绿三部分分别构成: 背景, 大家的观点 (在吵什么), 你的立场 (是谁)

太绝对

是不是移到上一行了 (偷笔)

are more likely to 不加这些词的话 → 太绝对





Title

Excellent!!!

Introduction

1. When choosing a job, salary 复习: introduction 结构

should be the main concern.

1. background - 背景

2. While some argue money can't

2. people's opinion - 两方 - 在吵

buy happiness or prefer learning

架

opportunities, I believe financial

3. your opinion - 帮谁

stability is essential for a secure

重新整理:

life.

1. As graduation approaches, many students face a crucial question.

Whether they should prioritize salary when choosing future careers.

2. While some argue money cannot buy happiness or prefer learning opportunities, others believe that salary is always important than anything else.

3. In my opinion, financial stability is essential for a secure life.

Forrest 原文:

背景 ➡ 已经带有个人观点了，严格来说不属于背景。

大家的观点 ➡ 也就是“2.”，包含了一部分人的观点以及 Forrest 自己的观点。这样写没错，但是不是一个很好的过度到自己观点的方式。

其他:

句子 “1.” ➡ should be 过于绝对，在 background 中需要保持中立，如果想表达正方观点，  
should be 可以用

句子 “2.” ➡ “can’t” ➡ cannot

## Body Paragraph 1

Studies have shown that financial incentives directly impact employee performance...  
如何修改：  
+ “能”、“可能会”、“很大程度上” 影响到员工的工作表现

Studies have shown that financial incentives may directly impact employee performance...

回忆：为什么在写作文的时候多用 hedging?

避免过度承诺或绝对化

反映学术讨论的开放性

保护自己的观点

... they feel valued and are more likely to stay engaged and productive...  
... they are more likely to **feel valued, stay engaged, and remain productive.**

1. “they feel valued...” ➡ 建议加表达 hedging 的表达，避免绝对化

2. 表扬：第二部分加了 “are more likely to” 表示 hedging，但是这个 hedging 是作用在 feel valued, stay engaged, and remain productive 上的，所以不妨放在三个词是开头

3. 以上三个词组，是 “动词+形容词” 的结构，很统一，可以增加文章美感

... creating a rewarding working environment  
... fostering a rewarding working environment

为什么 “foster” 比 “create” 好呢？

1. foster ➡ 通常带有一种长期的、持续的影响

2. create ➡ 创造一个新的事物或环境 ➡ 从无到有

\*环境一般是慢慢形成的，而不是一下子可以 create 的

## Body Paragraph 2

1. Secondly, financial stability is 原文结构结构:

crucial for long-term security and

peace of mind (观点 point ).

2. For example, people with higher

incomes are better able to afford

healthcare, education, and

emergency savings, reducing stress

and improving overall well-being

(例子 example ➡ 前面缺少解

释/分析 ).

3. Without sufficient earnings, even

fulfilling jobs may become stressful

if it fails to meet basic financial

needs ( 反证法 - 要放在

explanation 后).

4. Therefore, prioritizing salary

ensures that one can build a stable

Point



Example



counterargument



Point/Link (Restating the point/Link back)

重新整理:

**Point:**

Secondly, financial stability is crucial for long-term security and peace of mind.

**Explanation:**

A stable and high income provide a sense of security, covers essential expenses, and avoids financial stress.

future while maintaining a good **Counterargument:**

quality of life (点题 **point** ).

Without sufficient earnings, even fulfilling jobs may become stressful if it fails to meet basic financial needs.

**Example:**

For example, people with higher incomes are better able to afford healthcare, education, and emergency savings, reducing stress and improving overall well-being.

**Point (restating the point):**

Therefore, prioritizing salary ensures that one can build a stable future while maintaining a good quality of life.

Counterargument (反证法) ➡ 增强论点的说服力，通过展示并反驳可能的反对意见，让论点更加有深度和可信度

如果 explanation 足够有说服力，可以不写 Counterargument；如果写，建议写在 explanation 后，例子前

**Conclusion**

没什么大问题！继续加油！



## New Writing Task - In-class Practising

### Exercise 7

People nowadays are always looking for new challenges. Your local newspaper has been doing research into dangerous or risky sports and activities.

Here are some comments received about the subject:

"Sailing alone on the sea gives me such a feeling of peace and tranquillity."

*"People should think about their friends and relatives who are left behind worrying when they do these crazy things."*

"Dangerous sports and activities can cause serious physical injury to people."

"When I jump out of the aeroplane I get such a buzz of excitement and I know the parachute is safe."

**Write an article for your local newspaper giving your views about the issue.**

**Your article should be between 100 and 150 words long.**

The comments above may give you some ideas but you are free to use any ideas of your own.

You will receive up to 5 marks for the content of your article, and up to 5 marks for the style and accuracy of your language.

### Introduction:

~~In today's world~~ (Nowadays/In recent years), more people are embracing extreme sports, despite the risks involved. Some view these activities ~~are~~ (as) unnecessarily dangerous, (+while) others find them deeply rewarding. In my opinion, ~~I think~~ these dangerous sports offer valuable opportunities for growth and joy which make the risk worthy (or ➡ worthwhile).

\*view...as ➡ “把…看作”、“认为…是”

\*In my opinion 已经包含“我”的观点了，所以后面的“I think”可以删掉

### Body Paragraph 1:

...

### Body Paragraph 2:

...

### body 段开头的方式

In terms of ...

例：In terms of personal growth, extreme sports can provide

Emotionally, extreme sports... ➡ 用副词开头（但是要先知道这段内容是关于什么的）

例：Emotionally, extreme sports can foster a sense of

Firstly、secondly... ➡ 最常见

### Conclusion:

...

## Homework 1 - ARTICLE

完成 Page 9 的 article

先复习每一段的结构

## Homework 2 - SUMMARY

**Write a summary about the negative effects of tourism in the Galapagos Islands.**

**Your summary should be about 80 words long (and no more than 90 words long). You should use your own words as far as possible.**

You will receive up to 6 marks for the content of your summary, and up to 6 marks for the style and accuracy of your language.

### **The Galapagos Islands**

The Galapagos Islands lie nearly 1000 kilometres off the coast of Ecuador in South America. They are home to a great variety of birds and animals, and are therefore a popular tourist destination. Over 220 000 people visit Galapagos every year, causing environmentalists to worry that natural resources such as fresh water could start to run out. When tourism to Galapagos began, the only way to visit was on a cruise ship. Although ships can cause pollution in the sea, they cause few problems on land. In more recent times, however, the number of places to stay on the islands has increased. There are fears that constructing hotels is destroying the habitat of many species. Nevertheless, tourism is popular with local people as it brings the chance of employment in hotels or as tourist guides.

Observing wildlife is easy on Galapagos as the animals which live there have no natural predators. Having no fear of humans, the animals are happy to come close. However, by touching them, visitors can pass on diseases to the wildlife. Therefore, although it's tempting, tourists are asked by their guides not to do it. Some scientists also fear that the presence of humans may cause animals to change their natural behaviour. However, as long as visitors keep a short distance away, they can enjoy the islands on foot, or from the water while swimming or kayaking.

Something that visitors also need to be aware of is the possibility of accidentally bringing seeds from other countries to Galapagos, which could be damaging to the native plants. Seeds can easily be carried on clothing, therefore tourist guides tell visitors to check their belongings carefully. Another rule is not to leave rubbish behind, as it may be eaten by animals. Rubbish is also a problem in the sea, as marine creatures can become trapped in it. However, the Galapagos Islands and the seas around them are a national conservation area, which means that the number of visitors can be controlled, helping to protect this precious environment.